

ANNUAL NARRATIVE REPORT

of

HOME DEMONSTRATION AGENT

in

YAVAPAI COUNTY

MARCH 1, 1943 -- MARCH 31, 1943
JUNE 1, 1943 -- AUGUST 31, 1943

Flossie Wills Barmes
Yavapai County
1943

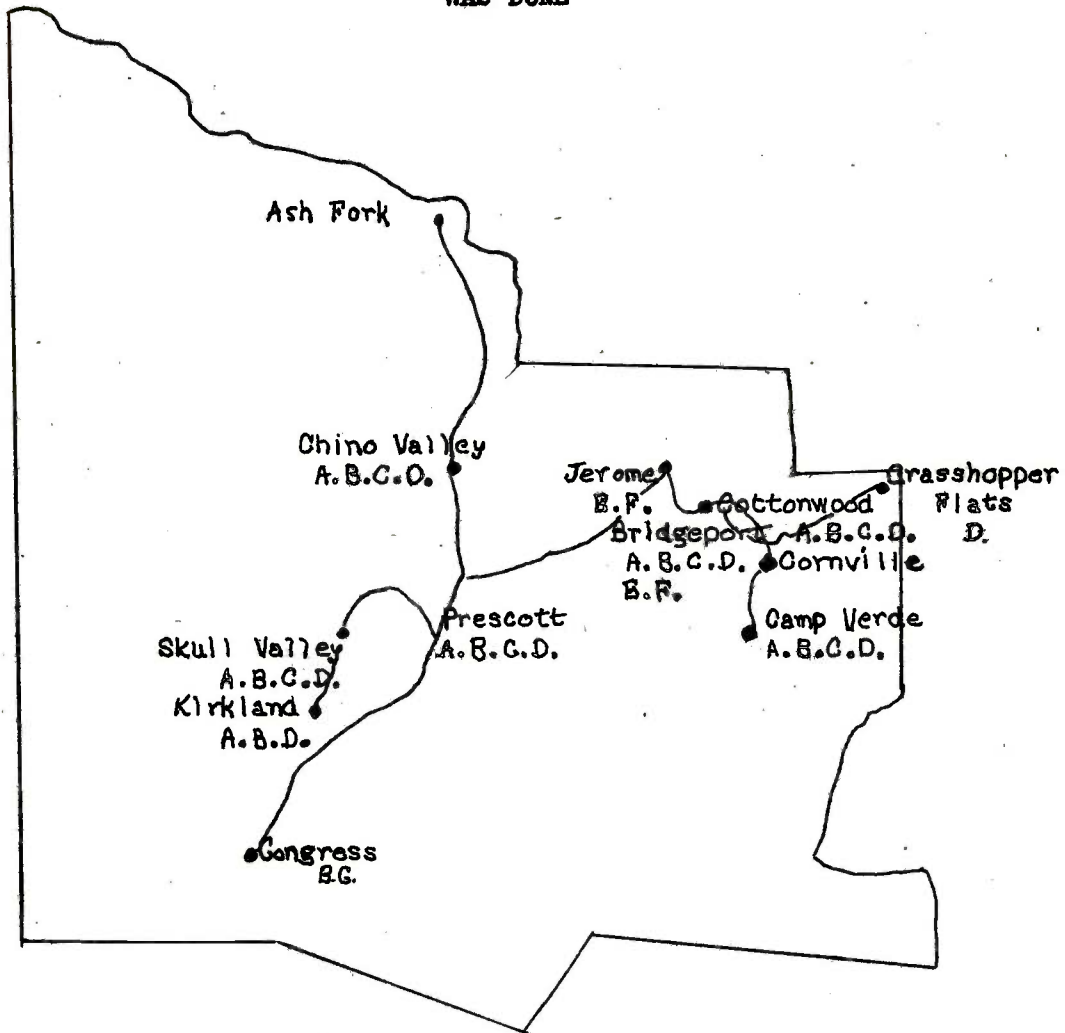
NARRATIVE REPORT

TABLE OF CONTENTS

	Page
MAP OF YAVAPAI COUNTY	1
SUMMARY OF HOME DEMONSTRATION AND WAR ACTIVITIES ..	3
OUTLOOK FOR 1944	6
ANNUAL NARRATIVE REPORT:	
1. Organization	8
XIII. Nutrition	9
XIV. Clothing	11
4-H Clubs	13
XVIII. Community Activities	14
XV. WAR ACTIVITIES	17
PLAN OF WORK	18

1.

**YAVAPAI COUNTY MAP SHOWING WHERE HOME DEMONSTRATION WORK
WAS DONE**



ADULT WORK

- A. CLUBS
- B. NUTRITION
- C. CLOTHING
- D. HOME MANAGEMENT

JUNIOR WORK

- E. 4-H MEAL PLANNING CLUBS
- F. 4-H CLOTHING CLUBS

Distances Covered in Travel From Official Station at Prescott,
Arizona to Points Where Home Demonstration Work Was Conducted.

Prescott	to	Chino	15 miles
Prescott	to	Congress	44 miles
Prescott	to	Kirkland	32 miles
Prescott	to	Cottonwood	42 miles
Prescott	to	Camp Verde	62 miles
Prescott	to	Skull Valley	25 miles
Prescott	to	Bridgeport	45 miles
Prescott	to	Seligman	74 miles

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SUMMARY OF HOME DEMONSTRATION AND WAR ACTIVITIES
IN YAVAPAI COUNTY IN 1943

The agent spent 92 days in the county.
Work was done in 9 communities.
Days spent by home demonstration agent in 4-H Club Work 9
Days spent by home demonstration agent in adult work 83
Days spent in office 44
Days spent in the field 48
Number of home visits made 68
Number of office calls received 143
Letters written 93
Six circular letters were prepared and mailed to 1367 persons
2 articles were prepared for the newspaper
3 radio programs were participated in.
700 homes in the county were reached by the home demonstration program.

NUTRITION

The Nutrition Specialist spent 7 days in the county assisting with food conservation.

Gardens

69% of the homes had gardens, an increase of 50% over the period 1935-41.

Food Preparation and Conservation

10 demonstrations of canning were given to 214 men and women.
6 demonstrations of dehydration and rehydration were given to 170 persons.
2 demonstrations of jelly making were given.

Reports to the County Extension Office show that

26,589 quarts of fruit were canned.
4,202 quarts of meat were canned.
13,254 quarts of vegetables were canned.
933 pounds of food were dried.

Five members of the Willing Workers Mother-Daughter 4-H Club reported 1834 quarts of food canned.

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Yavapai County
1943

Food Preparation and Conservation (Continued)

105 War Time Pressure Cookers were purchased.

All pressure cooker gauges in county were checked for accuracy in registering.

Canning Refresher Schools were held in Prescott, Seligman, Chino and Cottonwood.

69 women who attended the Canning Refresher Schools in Prescott and Seligman had completed Red Cross Nutrition and Canteen Courses.

31% of the questionnaires sent out to determine the amount of food produced and conserved by Yavapai farmers were filled in and returned to the County Extension Office.

CLOTHING

The clothing Specialist spent 5 days in the county assisting with problems in Clothing Conservation.

3 demonstrations of Proper Methods of Dry Cleaning in the homes were given to 22 women.

4 demonstrations of Mending Clothing were given to 50 women.

All women report doing more dry cleaning and more mending at home.

4-H CLUBS

One 4-H Club was organized. Six of the seven girls enrolled completed their work. The value of their canned food was \$454.89.

Beatrice Muretic was named County Winner in Canning. She canned 579 quarts of fruit and vegetables.

Mary Martha Sailer, member of the Mother-Daughter 4-H Canning Club won the Girls' Record State Contest and attended the National 4-H Club Conference in Chicago.

Seven girls and three mothers of the Canning Club were given help with judging canned foods.

A local Achievement Day was held attended by 15 girls and mothers. The State Leader of Home Demonstration Work attended and awarded Achievement Pins.

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Yavapai County
1943

4-H CLUBS (Continued)

All girls enrolled in the Victory Achievement Project and helped with salvaging waste materials.

May Martha Sailer helped the labor shortage on the farm by picking fruit and gathering and grading eggs for market.

The two Muretic girls helped plant and care for the home garden.

COMMUNITY ACTIVITIES

2 days' assistance with their Food Preservation Program was given the Vocational Home Making Teachers Conference held in Prescott.

Help was given to the Committee of the Arizona Mohair Growers Association in preparing a pamphlet of information on goat's meat and recipes for cooking "Chevon".

The Luncheon Meeting of the Yavapai Cattle Growers Association held at the Hassayampa Hotel in Prescott was attended. 110 members and guests were present.

The County Nutrition Committee cooperated in arranging for the Canning Refresher meetings held in Prescott and Seligman.

One 4-H Club Achievement Day was held.

Three radio programs were prepared on the subjects: "Fighting Food Waste"; "Using The Organs of The Animal to Save Meat Ration Points"; "Laundering Work Clothes and Dry Cleaning Better Clothes at Home".

Flossie Wills Barnes
Yavapai County
1943

OUTLOOK FOR 1944

The women of Yavapai County, as those in Pinal, are concerned with only one thing and that is winning the war as soon as possible. Ranch people have always been an independent self-reliant people with enough money to buy for the family those things they did not feel it was important to produce. Inspired by a patriotic wish to help with the Food Production and Conservation Program to help feed the armed forces and the allies, the cattlemen are growing gardens, canning meat and vegetables and producing milk for home use. They have made considerable progress on the "live at home" program.

As in other parts of the states, the clubs are meeting less often due to transportation difficulties and too many additional tasks at home. Some of them are meeting only when the home demonstration agent can meet with them. Indications are that there will be still fewer meetings in 1944. More emphasis will be placed upon other means of contacting them for home demonstration work. More use will be made of the radio, newspapers and of circular letters to carry timely information to farm families. Home visits will be made as often as gasoline and tires permit.

Food Production and Conservation - Information of the Food Fights For Freedom Campaign will be carried to 100% of the farm homes of the county. Continuous effort will be made to increase the number of gardens in the county and the amount of meat, milk, eggs and other foods on individual farms.

Pressure cooker gauges will again be checked for accuracy at the beginning of the canning seasons.

More demonstrations of canning foods will be given as requests for such help are received.

Unless more jars and lids are made available for purchase, the trend will be toward more dehydration of foods. The difficulty in securing home freezing units limits the amount of foods that can be preserved by this method.

More preservation of eggs to carry through the season when they are scarce and high in price should be done in the homes.

Clothing

In the field of clothing women will need more help with conservation problems. Demonstrations in Repair and Remodeling will be needed.

Flossie Wills Barmes
Yavapai County
1943

Outlook For 1944 (Continued)

Demonstrations on the Care of the Sewing Machines will be needed. Sewing Machine Clinics in some of the more populated areas will be given, and pamphlets on care of the sewing machines will be made available to all women in the county.

Home Management

Homes and home furnishings are becoming shabby and are wearing. Since war conditions prevent re-placements of these, the women will wish help with refinishing old furniture and re-arranging and re-painting of rooms.

War Activities

Special war activities will continue. The women will continue Red Cross Work and salvaging of waste materials. Removal of fire and accident hazards from the premises will continue.

Community Recreation needs much consideration.

4-H Clubs

Until more local leaders are found with sufficient time and inclination to do club work, there is little chance for an expansion of the program.

ANNUAL NARRATIVE REPORT

Agricultural Extension Service
Yavapai County

Flossie Wills Barmes
Home Demonstration Work
1943

1. Organization

A. Home Economics Extension

Yavapai County is made up of communities which in most instances are many miles apart and frequently separated by high mountain ranges. The home demonstration work has been carried through local clubs organized for Federated Club Work and for Community Service. Women of Bridgeport, Cottonwood, Camp Verde, Chino, Congress, Kirkland, Prescott, Skull Valley and Seligman have participated in the program during 1943.

A meat canning demonstration was also given in a home in Peeples Valley and at Cienega Ranch. The agent spent 26 days in organizing for the regular program and for special war programs.

The State Leader made two visits to the county and assisted with organization work.

Leader Training

Little progress was made in the leader training program since regular meetings were not held in the communities. Whenever announcement of the holding of a home demonstration meeting is made, all or any woman feels at liberty to attend if she is interested.

4-H Clubs

The 4-H Club at Bridgeport was re-organized for a canning project and carried their work to completion. This club had done Clothing and Baking projects formerly. Tentative plans for organizing a Victory Achievement Club at Jerome failed because the prospective leader moved out of the county.

Flossie Wills Barmes
Yavapai County
1943

XIII. NUTRITION

A. Food Production

Information in regard to the National Program of Food Production and Food Conservation was carried to 100% of the homes by means of meetings, home visits, radio programs and newspaper publicity.

The home demonstration agent cooperated with the county agent in his efforts to increase the number of home vegetable Victory Gardens in the county.

Reports from the women indicate that 69% of the rural homes of the county had a garden, and that enough vegetables were raised for use fresh and a surplus for canning.

B. Food Conservation

Canning Foods

The women of Yavapai County have always canned fruit. A few have canned meat and vegetables. Informed of the necessity for producing and conserving food for our armed forces and allies, they redoubled their activities along these lines.

"Canning Refresher" meetings were held at Prescott, Seligman, Cottonwood and Chino. The purpose of these meetings was to give to the women new information and new methods that might have developed in the field of food preservation. The meetings were held early in the canning season to enable the women to check their equipment and have everything in readiness when their product was just right to can.

All canning methods were discussed and evaluated. The water bath for fruit and tomatoes and the pressure cooker for meats and non-acid vegetables were the methods recommended.

Types of containers and lids were considered. The women were told that for successful canning they must have complete sterilization of product, jars, lids, rubbers and all equipment used.

Cold and hot packed plums and tomatoes were canned in the water bath.

String beans, carrots, spinach and chicken were canned in the pressure cooker.

One hundred twenty-three women and two men attended the Refresher Meetings.

Meat Canning demonstrations were held at Kirkland, Peeples Valley, Cienega Ranch and Prescott. Eighty-nine persons attended.

Flossie Wills Barmes
Yavapai County
1943

B. Food Conservation - Canning Foods (Continued)

750 pounds of meat were canned. The meat was pre-cooked in Dutch ovens, large skillets and cans over the barbecue pit in the yard. Hamburgers, roasts, steaks, stew meat and soup were canned. Mr. Tom Rigden, Livestock Specialist from the University of Arizona, gave the demonstration in meat cutting. Mr. John McLernon, County Agricultural Agent, assumed responsibility for the timing and processing of the meat in the pressure cooker. The home demonstration agent assisted with filling the jars, adjusting lids and placing the jars in the cooker. All present helped with the various parts of the work, and the work went along quite smoothly.

Dehydration of Food

A demonstration of dehydration of food was given at the canning "Refresher Meetings", also at Congress and Kirkland. Many different fruits and vegetables were placed in the home-made dehydrator and dehydrated. Beets, carrots, spinach and sweet potatoes that had been dehydrated were rehydrated, cooked and served. The food was given a short period for refreshing, 10 to 20 minutes, then cooked a comparatively long time until the vegetables were tender. Since "the proof of the pudding is in eating", it was not until the rehydrated food was eaten that the women became enthused over it. As a result of these demonstrations, the women reported 928 pounds of food dehydrated.

Jelly Making

Although sugar has been rationed, the women have managed to eke out a little from their canning allotment for a few containers of jam and jelly. There seems to be many failures in jelly making. With sugar rationed, no chances should be taken on wasting a single spoonful.

Hoping to help remove some of the guess work from jelly making, the agent gave two demonstrations of the use of the jelmeter and thermometer for testing for amount of sugar to use and for "doneness" of the jelly. 18 women were present at the demonstrations held at Camp Verde and Skull Valley. At least 10 women at Skull Valley owned jelmeters or thermometers or both but had not known how to use them. Since these can still be purchased, other women present were considering buying them.

Food Storage

The best ways of storing canned, dried and other foods were discussed at the food preservation meetings.

Flossie Wills Barmes
Yavapai County
1943

XIV. CLOTHING

A. Clothing Conservation

Realizing that war time is no time to be buying new clothing, the aim of the clothing program in Yavapai County has been to keep the clothing now on hand looking as well as possible, and by greater care to make it last a longer time.

The clothing specialist, Miss Lorene Dryden, spent 5 days in the county helping the agent plan the work and demonstrating to the women proper clothing conservation methods.

Mending Clothing

Four demonstrations of good methods in mending were given at Bridgeport, Chino, Camp Verde and Congress. The meetings at Bridgeport and Chino were all day work meetings under the supervision of the Clothing Specialist. Mending of men's better clothing, women's better clothing and of overalls were demonstrated. Each woman decided to practice the mending technique which would be most helpful to her. Later they could exchange information and skills. This seemed a good practice and was adopted at all meetings.

How to mend better clothes of women was the problem of most of the women in Camp Verde, Chino and Bridgeport. The tailor's patch for woolen clothes seemed to meet a long felt need as did the "set-in" patch. At Congress the women were interested in mending better clothes but felt that the patching of overalls and the use of the "mend-on" patch applied with a warm iron was more practical for them. One of the women said that had she learned nothing more than the "mend-on" technique she would have thought the time and effort spent in getting to the meeting was worth while. 50 women attended the demonstrations on mending. All report having adopted these clothing conservation practices and of having passed them on to neighbors. All women in the county are doing more mending of the family's clothing.

Dry Cleaning Clothing at Home

The Clothing Specialist, Miss Dryden, gave one demonstration of Proper Methods of Dry Cleaning and Removing Spots from garments at home to nine women of the Bridgeport and Cottonwood Communities. The importance of using a non-explosive solvent and of observing all safety precautions in doing the work was emphasized.

The women have found it difficult to get cleaning done commercially because of shortage of help in the dry cleaning establishments. Scarcity of gasoline and tires make getting the clothing to and from the cleaners a serious problem. In order to meet the situation the women need to do some of the cleaning at home. Since women's dresses are light in weight, it seems practical

Flossie Wills Barmes
Yavapai County
1943

Dry Cleaning Clothing at Home (Continued)

to do some of them at home and send coats and men's heavy clothing to a commercial cleaner.

Later in the month the home demonstration agent gave similar demonstrations to a group of women at Chino and at Prescott. Five rayon dresses were cleaned and spots were removed from a baby's blanket.

Before the garments were dipped in the cleaning solvent, tests were made to determine the fiber in the materials.

Removal of blood stains, iron rust, fruit and egg stains was demonstrated.

It is difficult to determine the amount of dry cleaning now being done at home in the county. The agent has estimated that 5% may be done at home.

The 22 women who attended the demonstrations said they would feel less hesitant about doing dry cleaning at home after learning safety precautions to be observed. They had been unwilling to risk having accidents before.

All of these women report having done some dry cleaning since the demonstrations. Mrs. Rufus Click of Chino wrote that she had successfully removed food spots from her new blue rayon dress.

Mary Martha Sailer wrote that she and her mother had done cleaning of garments for \$2.50 which, if sent to a commercial cleaner, would have cost \$10.00.

Flossie Wills Barmes
Yavapai County
1943

4-H CLUBS

As reported in former years, a lack of local leaders has hindered the expansion of 4-H Club Work in the County. Mothers of girls of 4-H Club age, the logical leaders of 4-H clubs, are so busy with the family's problems of food and clothing production and conservation, they have no time nor inclination to assume this additional responsibility. While 4-H Club work is carried through the schools in some counties, it does not seem feasible in Yavapai because the schedule of classes does not permit holding club meetings during school hours and necessity of travel to and from school by bus makes it impossible to hold meetings after school hours.

One 4-H Club, The Willing Workers, at Bridgeport, has been organized six years. The leader, Mrs. Roberta Ladam, is a young homemaker whose husband is in the armed forces overseas. Living at home with her mother, Mrs. Ladam has had enough time for the work and is making an excellent leader.

The girls chose canning as their project and organized for work in June. Since the mothers were interested also in bringing their methods up to date, a Mother-Daughter Canning Project was decided upon. Each girl kept a record of the amount of canning she did alone and the amount she helped her mother do. Five girls sent in their record of canning done. The total quarts canned were 1834. The value of their product based upon prices in the chain stores of Prescott was \$454.89. The money saved was \$395.76.

Beatrice Muretic was the champion canner with 579 quarts. Mary Martha Sailer's canning was not included in the above report, because it had been sent by her directly to the State Extension Office as a part of her report in the State Girls' Record Contest.

State Contest Winner -- Mary Martha Sailer of Clemenceau, a member of the Willing Workers 4-H Club of Bridgeport won the State Contest for Best Girls' Record. Mary Martha is 17 years old. She has been in club work six years. She has done outstanding work in Clothing, Food Preparation, Food Preservation and Home Improvement. She served as an Assistant Club Leader and served as president of the club in 1943. In company with the State Club Leader and other state contest winners, May Martha attended the National 4-H Club Conference in Chicago.

Mary Martha was a State Winner in the Victory Achievement Contest in 1942 and received a \$25.00 war Bond.

Flossie Wills Barmes
Yavapai County
1943

XVIII. COMMUNITY ACTIVITIES

A. Related Agencies

Vocational Homemaking Teachers

The Vocational Homemaking Teachers of the High Schools of Arizona held their Annual Conference in Prescott, August 23-27. The agent attended the conference three days and assisted with the Food Preservation Program.

A panel discussion on the subject--How Arizona Home Economists Have Met the Challenge of Adapting Programs to "artime Living"--was conducted by seven home economists, during the first morning.

The Clothing Outlook, a paper prepared by the Extension Clothing Specialist, Miss Lorene Dryden, was read by Miss Jean Stewart, State Leader of Home Demonstration Work.

N. C. Larkin, Director Rural War Production Training Program, presented Questions and Answers Related to School Food Processing Centers Under Course #17 OSYA.

In the afternoon, Mrs. Lola Dudgeon, Extension Nutritionist, discussed Procedures and Practices in Home Canning. This was followed by a panel discussion on Conservation of Clothing to conclude an interesting day's program.

The following morning the Extension Nutritionist supervised a Pressure Cooker Canning Laboratory which was attended by 24 of the Homemaking Teachers. Mrs. Dudgeon demonstrated the use of the new War Time Pressure Cookers and canned chicken. Each teacher present canned a jar of vegetables under Mrs. Dudgeon's direction. Mrs. Dudgeon was assisted by the home demonstration agent, the Navajo County Home Demonstration Agent, Miss Alice Beesley, and Miss Tabitha South, Homemaking Teacher of the Prescott Junior High School.

On the following day, the home demonstration agent, had charge of the laboratory, repeating the work of the day before. She was assisted by Miss Beesley, Miss South and Mrs. Elizabeth Homrighausen, a homemaker of Phoenix. Chicken was canned as on the previous day, after which the 24 teachers present each canned a jar of vegetables.

Arizona Mohair Growers Association

Two conferences were held with Mrs. S. A. Rainey of Skull Valley representing the Committee appointed by the Arizona Mohair Growers Association to prepare a pamphlet on goat's meat and its use as food. This effort to popularize goat's meat was timely since women were having difficulty in making their meat ration coupons meet their family needs and goat's meat was unrationed. The agent assisted the group in preparing the pamphlet on "Chevon".

Flossie Wills Barnes
Yavapai County
1943

A. Related Agencies (Continued)

County Nutrition Committee

The Yavapai County Nutrition Committee was active throughout the year. It concentrated upon teaching the Red Cross classes in Nutrition and Canteen Work. Members of the committee held for themselves a Refresher Course in Nutrition, and then taught the classes. These classes were held at Prescott, Clarkdale, Cottonwood, Ash Fork and Seligman.

The committee cooperated with the home demonstration agent in planning the Canning Refresher Meetings at Prescott and Seligman. It assumed responsibility for publicity, for finding a meeting place and enrolling women who wished to attend.

Yavapai Cattle Growers Association

The Yavapai Cattle Growers Association held a luncheon meeting at the Hassayampa Hotel in Prescott in June to attend to routine business. 110 members and guests were present. The agent was a guest at the luncheon.

B. Conferences

Planning Conferences

Two conferences were held for planning work with each of the following State Extension Workers: Miss Jean M. Stewart, State Leader; Miss Lorene Dryden, Clothing Specialist; Mrs. Lola Dudgeon, Extension Nutritionist.

Conferences on 4-H Club Work were held with the 4-H Club Work were held with the 4-H Club Specialists, Mr. Emil Rovey and Mr. Kenneth McKee.

Other Conferences

Mrs. Eva Scully, State Supervisor of Vocational Home Economics; Miss Isabel McQuestion, Assistant in the State Vocational Department and L. D. Klemmedson, State Supervisor Vocational Agriculture held a conference with the agent in regard to establishing course 17 OSYA in the Chino Community. The agent was asked to suggest the names of women in the community who might be put in charge of this work. The agent suggested that Mrs. Rufus Click or Mrs. Jenner Hatch might be capable of doing the work required. Later the agent learned that Mrs. Hatch had been selected for the position.

Flossie Wills Barmes
Yavapai County
1943

C. Publicity

Radio Programs

At the request of Mrs. W. J. Hanson, Community Service Member of Yavapai County Ration Board, the agent prepared a talk on Preventing Food Wastes at Home and gave it on her Wednesday morning program over KVOA.

At request of Miss Grace Sparks of Prescott, Secretary Yavapai Associates, the agent gave two talks on Miss Spark's Friday afternoon program over KVOA. The subjects were--Using the Organs of the Animal to Save Ration Points and Laundering Work Clothes and Dry Cleaning Better Clothes At Home.

Flossie Wills Barmes
Yavapai County
1943

XVIV. WAR ACTIVITIES

War Board

The agent served as an advisory member of the committee selected to pass upon the eligibility of applicants to purchase the new War Time Pressure Cookers allotted to Yavapai County. 105 Certificates were issued, and 105 cookers were purchased.

Checking Pressure Cooker Gauges

All women owning pressure cookers were urged to bring them to the county Extension Office or to send them directly to the University of Arizona to get the gauges and safety valves checked for accuracy. Many did so. The exact number of gauges checked is not at hand, but is on file in the State Extension Office. Probably 50% of the cookers in the county were so checked.

Red Cross Work

All women are engaged in some kind of Red Cross Work. Those who live in or near the towns and villages are attending Nutrition Canteen and First Aid Classes. Women in the more distant parts of the county are knitting and sewing.

Flossie Wills Barmes
Yavapai County
1943

PLAN OF WORK IN YAVAPAI COUNTY

MARCH, JUNE-AUGUST 1944

WAR PROGRAMS -- All home demonstration work done in the county will have as its objective the furthering of the Victory Achievement Program.

Accident Prevention -- The educational program for removal of fire hazards to prevent fires on the farm will be continued through the entire year.

Salvage -- Collection of salvage materials will be encouraged.

Saving Fats -- The program will be continued.

Food Rationing -- Demonstrations of the preparation of foods to replace meat and other rationed foods will be given. Recipes, menus and other material will be sent to families wishing help.

NUTRITION

Food Production

The agent will cooperate with the county agents in the Food Fights For Freedom campaign and in other efforts to increase food production on the farms.

A 10% increase in the number of gardens will be the goal set for the county.

Every farm family producing its own milk and eggs will be the goal set.

Food Preservation

2 Pressure Cooker Gauge Clinics will be held to check the accuracy of the New War-time cookers as well as the old cookers.

3 demonstrations of canning by water bath and pressure cooker will be given.

Food Preparation and Selection

Circulars and other printed material will be sent to all families.

Flossie Wills Barmes
Yavapai County
1943

Plan of Work in Yavapai County (Continued)

CLOTHING

Clothing Care and Repair

Assistance will be given with cleaning, mending, and remodeling of clothing.

Women will be urged to take care of sewing machines and small sewing equipment that cannot be replaced. Newsletters and circulars on the subject will be sent to the women.

HEALTH

Cooperate with all Health Agencies and with individuals in maintaining family and community health.

4-H CLUBS

Organize clubs where local leaders can be found.

Emphasize clothing care and conservation.

Give 1 demonstration of mending to each clothing club.

All club members enrolled in Victory Achievement Project.

Each club holding a local Achievement Program.